

Bladder Control Problems (Incontinence)

When you lose control of your urine or have leaking, it's called urinary incontinence. It's common after treatment for prostate cancer, and also sometimes after treatment for other cancers.

TRY THIS

Try Kegel exercises. Strengthen the muscles that control the flow of urine.

Take bathroom breaks often. Use the bathroom before bedtime or strenuous activity.

Avoid caffeine and alcohol. Stay away from drinks that make you urinate more frequently.

CHECK THIS OUT

Visit the Springboard page on Incontinence. <https://smokefree.gov/springboard/symptoms/bladder-control-problems>

Learn more about the three types of incontinence. <http://goo.gl/8JwWDU>

Find treatment options for incontinence in men with cancer. <http://goo.gl/8JwWDU>

Learn these simple precautions, which may help make incontinence less of a problem. <http://goo.gl/8JwWDU>